



**Mission:**  
*The American Indian Diabetes Prevention Center will reduce the excess mortality and morbidity of diabetes so that quality of life and cultural vitality is made secure.*

Visit us on the Web!

 [aidpc.ouhsc.edu](http://aidpc.ouhsc.edu)

 American Indian Diabetes Prevention Center

 @AIDPC\_OUHSC

We appreciate your stories! Please send your ideas to Jennifer Reeder at: [jennifer-reeder@ouhsc.edu](mailto:jennifer-reeder@ouhsc.edu).

Please make sure all photos are the highest resolution possible.

Thank you!

## Director's Corner



“Dignity.” Perhaps the best mark of well-being and quality of life. Yet, where we work, health sciences research ranks

health status mainly in physical terms. Also, mental health, that most neglected aspect of health research and practice, is categorized into clusters of behaviors with labels that sometimes obscure rather than clarify.

Is our “metric” wrong? Should the national quest for health equity be measured in terms different than numbers of pathologies and dollar bills? Is it time for a new starting point to conceptualize what is the meaning of “health disparities” in real world settings and in real time? Goal attainment strategies would certainly be different if “dignity” was the goal and typical health status was a secondary outcome.

Avoiding an “either-or” logic trap, can

we see the AIDPC doing both? Raising health status AND the sense of dignity? I think we should all examine our research and look for signs that our participants’ are also gaining dignity along with better glycemic control. ❖

**J. Neil Henderson, Ph.D.**  
 (Oklahoma Choctaw)  
 Director  
 American Indian Diabetes Prevention Center

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# Physician's Exasperation\*      Traditional Recipes

by HF Stein

We know so much about you --  
Your blood, your urine, your internal  
organs.  
We can see everything.  
There is precious little that  
Is not wrong with you medically.  
Still, you do not listen to us.  
You miss appointments;  
You don't go to referrals we've made.  
Do you defy us or merely not understand  
How dire your condition is?  
You could die at any time,  
We have told you more than once.  
Still, you muddle along as if all we know  
Does not matter. Tell me, what  
Is missing from our story?  
Have we failed to impress upon you  
The urgency of the hour? Speak to me.  
I will listen now.

\*Pulse -- *Voices from the Heart of Medicine: The First Year*. Paul Gross and Diane Guernsey, Eds. New York: Change in Healthcare Publishing, 2010. p. 44.

## Indian Pudding



3 c. milk  
2/3 c. dark molasses  
2/3 c. cornmeal  
1/3 c. sugar  
1 tsp. salt  
3/4 tsp. nutmeg  
1/4 c. butter  
1 c. milk

Heat over to 300 degrees. Grease two quart casserole dish. Heat milk and molasses. Mix the meal, sugar, salt, and spice. Gradually stir into hot milk mixture. Add butter and cook over low heat, stirring constantly, about 10 minutes or until thickened. Pour into casserole dish. Pour one cup of milk over pudding, do not stir. Bake for three hours.

Recipe by Juanita Alexander  
*Our Food*, University of Science and Arts (1973)

# What Have You Been Doing?

## Neil Henderson



*Still using lots of fireplace wood! My main exercise is bringing wood in from the garage where I've brought it from the wood stack outside. When I left the house this morning, two neighbor kids were in the street playing a very good ice hockey game complete with skates and hockey sticks. I drove on by in with my seat heater on.*

## Pat Mayer



*I had a birthday! I remember most of it. I think. Then, I went to a music concert at the Choctaw complex in Durant. I also took care of my great-nephew (7 months old) and changed diapers (the kid's!).*

## Justin Fowler



*For Christmas my wife got me a new camera! I have been figuring out all the AWESOME capture settings and mapping places I want to go capture nature's beauty. It's a wonderful hobby and the side effect is awesome: travel and exploration. Sometimes in order to get the shot I want I find myself climbing up a boulder or tree or crouching in the tall grass; photography kind of brings out the kid in me!*

# Guess Who?



Answer: Neil Henderson

# American Indian Conferences & Events

## Third Int'l Meeting on Indigenous Women's Health

Albuquerque, NM

March 5-7, 2014

For more information: <http://som.unm.edu/cme/2014/Indigenous.html>

## Native Fitness Training

March 19-21, 2014

Town & Country - San Diego, CA

For more information:

<http://www.aii.outreach.ou.edu/conferencetrainings/native-fitness-2014>

## Data Into Action

April 24, 2014

8:00 am—5:00 pm

Hotel Santa Fe, Santa Fe, NM

For more information:

<http://aaip.org/programs/events#cross-cultural-medicine-workshopdata-into-action>

## Cross Cultural Medicine Workshop

April 25-26, 2014

Hotel Santa Fe, Santa Fe, NM

For more information:

<http://aaip.org/programs/events#cross-cultural-medicine-workshopdata-into-action>

## AIDPC Meeting Schedule

**April 2, 2014**

Noon-2:00 pm

CHB 144

**May 6, 2014**

Noon-2:00 pm

CHB 144

**June 3, 2014**

Noon-2:00 pm

CHB 144

**July 1, 2014**

Noon-2:00 pm

CHB 144

**August 5, 2014**

Noon-2:00 pm

CHB 448

**September 2, 2014**

Noon-2:00 pm

CHB 144

**October 7, 2014**

Noon-2:00 pm

CHB 144

**November 4, 2014**

Noon-2:00 pm

CHB 144

**December 2, 2014**

Noon-2:00 pm

CHB 144

Notice will be sent prior to each meeting.